



THE DIFFERENCE BETWEEN

# IBCLCs & LLL Leaders

Photo: Hope Staves Photography

There are differences in the type of support provided by Leaders and IBCLCs.

## LLL Leaders

### A La Leche League Leader:

- is a **volunteer** breastfeeding counselor who has breastfed their own child, and supports breastfeeding in their community.
- is accredited by La Leche League International and has fulfilled LLLI requirements for leadership including self-paced training and skills assessment.
- may offer a variety of support via in-person meetings, phone, text, email and social media.
- is trained to help with the **normal course of breastfeeding from prenatal through weaning**.
- will refer to health care professional for anything outside their scope or training.

## IBCLCs

### An International Board Certified Lactation Consultant:

- is a health care **professional** who specializes in the clinical management of breastfeeding.
- is certified by the International Board of Lactation Consultant Examiners.
- works in a wide variety of health care settings including hospitals, pediatric offices, public health clinics, and private practice.
- is trained in a wide variety of **complex breastfeeding situations**.
- completes required continuing education.
- provides a written care plan to the nursing parent.

**Note:** There are many LLL Leaders who are also IBCLCs.